

Appl. No. 10/720,545
Amtd. Dated: June 17, 2005
Reply to Office Action of March 18, 2005

In the Abstract:

Please replace the "Abstract" with the following replacement:

ABSTRACT OF THE DISCLOSURE

The Kegel exercising device and method for exercising the Kegel muscle may be employed by a female to prevent incontinence, enhance sensitivity during sexual activity and improve genital health. The Kegel exercising device has two spheres respectively for insertion into the vaginal and anal cavities, and an intermediate S-shaped curved portion which provides resistance against the front wall and the back wall of the Kegel muscle simultaneously. The device of the current invention thus permits a user to exercise the Kegel muscle without having to manipulate the device with her hands.